

Senior NEWS

301-258-6380

October 2006



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

Harvest Moon Ball at the Rockville Senior Center

1150 Carnation Drive • Rockville

Thursday

Oct. 26

7 - 9:15 p.m.

Depart: 6:45 p.m.

Return: 9:30 p.m.

The 18 piece orchestra and vocalists of the Olney Jazz Troupe will get you swinging on the big dance floor. We are partnering with Rockville to offer you an evening of light refreshments, music and dancing. A cash bar of beer and wine will be available.

Free bus transportation will be provided from the Gaithersburg Senior Center or drive yourself (maps available at the front desk). Please indicate if you need a ride when you register.

Minimum: 15

Maximum on bus: 33 (more can come who drive)

Fee: \$10

Deadline: Oct. 20



Mark Your Calendar



NOVEMBER 12

"The Full Monty"

NOVEMBER 22

Thanksgiving Luncheon

DECEMBER 7

"Cinderella" at Olney

JANUARY 3

"A Light at the Piazza"

Kennedy Center

National Symphony

Orchestra Open Rehearsal

Kennedy Center

Lunch at Orleans House

Arlington, VA

Date: Thursday, Oct. 19

Depart: 8:15 a.m. **Return:** 4 p.m.

Fee: \$27 (includes transportation, concert, lunch, coffee or tea, and tip)

Deadline: Monday, Oct. 16

Musical program featuring Leonard Slatkin, conductor, will be: *Beyond Rivers of Vision* by Lee, Concerto in B minor for Cello and Orchestra, and *Daphnis et Chloe* by Ravel (sung by the Washington Chorus).

Lunch includes salad bar, entrée and ice cream. Menu choices are on the program sheet.

Minimum: 20 Maximum: 33



Oktoberfest

Kentlands Village Green

Sun., Oct 8

Noon to 4 p.m.

Enjoy the 15th annual showcase for all things German: food, beer, horses, music, dance, and arts. Go on your own.

Halloween Party

Tuesday, Oct. 31

1 p.m.



How often can you get away with looking foolish, outrageous, or frightening? This is your opportunity to flaunt your wild side at our costume party.

DIRECTOR'S UPDATE

Dear Friends,

The other day a member was seated on the couch patiently waiting for her exercise class to begin when I asked, "How are you today", and she responded, "After three days of continuous rain, it is really starting to get me down."

Shorter and darker days can cause us to feel tired, less motivated and even depressed. "Winter Blues" is experienced by many people, but for some reason women are affected more often. The clinical term for this condition is Seasonal Affective Disorder or SAD.

It is estimated that 6 to 7% of Americans experience severe cases of SAD and should seek the assistance of their physician to receive help. But for those of us who suffer from an occasional day of 'Winter Blues', some of the following suggestions may help us to get our 'perk' back:

1. Get outside and spend time in the light for a few hours each day, even overcast light can be very therapeutic!
2. Exercise daily. Outside activities have been proven to be especially beneficial. Consider a long, brisk walk.
3. Spend more time with your friends. Good friends make us laugh and allow our activities to be more enjoyable.
4. Get a good night's sleep, but don't over sleep. Dark mornings can be an invitation to sleep longer. Take control, put one foot on the floor, follow with the other, before you know it you'll be taking charge of your day.
5. Focus on eating a well-balanced diet. And with the holidays approaching, do your best to avoid over eating sweets. Sweets can provide instant satisfaction, but usually result in guilt, sluggishness and weight gain.

New Policy and Why

You may have noticed an addition to the Newsletter that reads "Supportive shoes are to be worn in all fitness and dance programs – thank you!" and may be asking yourself 'Why?'

Shoes have many functions other than protecting our feet from what is under them, but some shoes do a much better job of providing stabilization than others. Participation in exercise and dance classes usually requires movement in directions forward and back and side to side on the floor. Sandals, flip flops, dress shoes and slides do not provide the protection to hips, knees, and ankles that is needed, not to mention the potential for losing one's balance that could contribute to a fall. You may be thinking that you have never had any problems, why start to be concerned? Please keep in mind that most injuries and joint problems are an accumulated effect and it is after time of misuse that the damage makes itself known.

Thank you!

Grace Whipple

The Senior News Now Online!

You can now read the Senior News online. Visit the City site at www.gaithersburgmd.gov

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

WELLNESS PROGRAMS

Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wednesday, Oct. 25

Time: 10:30 a.m. – noon

The Nurse is In!



Fridays 9 a.m. - 3 p.m.

Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

You can meet with the nurse.

Lipid Profile/Cholesterol

Wednesday, Oct. 4

10 – 11:30 a.m.

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

***Cost: \$23 (age 55+) Pay that day.**

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call **1-800-542-5096** to register. Walk-ins will be accommodated, if time permits.

Flu Shot Clinic New date

Monday, Oct. 23 1 - 3 p.m.

Flu shots will be administered to the community by RN's from Adventist Health Care. Must be 18 years of age or older. The shots are free to Medicare Part B card holders or there is a \$25 charge. No appointments are necessary. Members who are bus riders will be given shots first. If don't want to wait, come in after 2 p.m.

Bingo will be cancelled.

In Sympathy

Sympathy is extended to the family and friends of Ruth Albers, Julie Enright, Dionisia Gil, Elinore Lyall and Josephine Shumway who recently passed away.



OCTOBER '06 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, Oct. 10 4 - 8 p.m. Monthly Chapter Meeting

Come early (4 p.m.), to play **Senior Match Game** (\$2). Come at 5:30 p.m. for Chef Sia's **Salmon Cakes dinner** (\$9). Our **annual business meeting** will follow dinner. Procedures, activities and election of officers are on the agenda. At 6:45 p.m. **Dale Jarrett** will entertain us with a free program of songs and piano music. Registration and payment for dinner and games is required by 2 p.m. on Monday, Oct. 9.

Membership Drive

We would like to welcome new members to join us in our community service activities, including the Grandreader program, the Winter Bazaar (Nov. 27 – Dec. 1) to benefit the Senior Center, our gift preparation projects for residents of area nursing homes and the abused person's program, our social activities (games and dinners) and our programs (both educational and entertainment). Forms are in the rotating display shelves in the lobby. Dues renewal notices have been mailed. Please return ASAP.

CHAPTER SPONSORED TRIPS

May 13-17: Cruise from Baltimore to Bermuda

This Royal Caribbean cruise includes two days in King's Wharf Bermuda and remaining days on ship with entertainment, great cuisine, a full casino, pools and a spa. Ocean view cabins start at \$919 per person (inside cabins \$839) including all taxes and fees. Hold your choice with \$100 per person refundable deposit.

Dec 3-4: New York, Radio City: (Two days/one night-\$299) including transportation on an Eyre Motor Coach, Sunday night at the Edison Hotel on 47th St., and orchestra seats for the Radio City Christmas Spectacular at 11a.m. on Monday. Meals are on our own. Please register by Oct. 5.

For more information on meeting, trips, or volunteering call Annette 301-977-7936 or e-mail her at annettethompsonphd@yahoo.com Make checks for dinner or trips payable to Gaithersburg Chapter #5358 of AARP and mail to 17605 Parkridge Dr., Gaithersburg, MD 20878.

Members of the Senior Center and the local community are invited to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. We can help with rides to our meetings. You may bring along friends or family members. Phone Annette 301-977-7936.

ACTIVITIES AND CLASSES AT THE CENTER

October Birthdays



10/1 Thomas McCrorie
 10/1 Ettore Johnson
 10/3 Majorie Baum
 10/3 Loretta Metzger
 10/3 Nora Bell
 10/3 Alicia Alegria
 10/4 Maple Benjamin
 10/4 Ruth Phillips
 10/5 Joyce Stochlman
 10/6 John H. Chiang II
 10/6 Shirley Webb
 10/7 Julia Andre
 10/7 Claire Crenshaw
 10/7 Nancy Lamanna
 10/8 Rose Dyer
 10/9 Hester Mangrum
 10/9 Namiko Suzuki
 10/9 Edward An
 10/10 Leslie Rushbrook
 10/12 Rosa Sanchez
 10/15 Alice Johnson
 10/15 Mohini Walia
 10/16 Charles Bibbins
 10/16 Lucy Bramante
 10/16 Gloria Mancuso
 10/16 Harriet Zimmerman
 10/18 Abe Hirshom
 10/18 Marsha Lasley
 10/19 Wilma Penn
 10/20 Susan Gruen
 10/21 Gladys Stockwell
 10/24 Victoria Molina
 10/24 Sandra Solomon
 10/25 Jean Richards
 10/25 Joan Schneider
 10/27 Gobind Dewan
 10/29 Mary Shamp
 10/30 Im Hyoun
 10/31 Deviben Thakkar

Celebrate Oct. 24

Yoga Adapted for Seniors

Dates: Tuesdays, Oct. 3 - Nov. 21 (eight sessions)

Time: 11 a.m.

Fee: \$18

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They will increase your range of motion, improve your posture, and help you gain better balance.

Minimum: 10 **Maximum:** 25

Computer Classes



TUESDAYS & FRIDAYS

10 a.m. – noon

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions. *Sign up at the front desk.*

THURSDAYS

10 a.m. – noon

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web. *Sign up at the front desk.*

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

Free classes!

Genealogy Class

Date: Monday, Oct. 23

Time: 11 a.m.

Fee: \$8

Judith Mostyn White will show you how to research your family at the US National Archives. Feel free to join even if you missed earlier classes.

Minimum: 6 **Maximum:** 12

Bridge Bidding Refresher

Dates: Tuesdays, Oct. 10 – Nov. 7 (five sessions)

Time: noon to 12:45 p.m.

Fee: \$5

First class is for beginners. Please make sure you are committed to coming to each class for the full time, and that you come with your materials. Learn some golden tips to make or break any contract and improve the point count of your hand.

Minimum: 10 **Maximum:** 20

Dessert and Coffee

Monday, Oct. 16.

1 p.m.

Provided by JESSA Medical Supplies

“Core and More”

Mondays

2 p.m.

Fridays

3 p.m.

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

Participants must be able to get down to and up from the floor for some exercises.

CLASSES

* *Late joiners are welcome!*
(see program sheet)

Ballroom Dancing

Beginning

Dates: Tuesdays, Oct. 3 – 24

Time: 3 p.m.

Fee: \$20

- ◆ For the beginner who has no ballroom dance experience.
 - ◆ Dances include: foxtrot, tango, swing, waltz, etc.
 - ◆ No partner is necessary.
- Maximum:** 14

Intermediate

Dates: Tuesdays, Oct. 3 – 24

Time: 2 p.m.

Fee: \$20

- ◆ Dances include: foxtrot, tango, swing, waltz, etc.
 - ◆ No partner is necessary.
- Maximum:** 14

Quilting Fridays

FREE

1 p.m.

Share experience, materials and ideas.

Intermediate Pottery*

Dates: Wednesdays,
Sept. 27 - Nov. 15
(eight sessions)

Time: 10 a.m.

Fee: \$8

Hand-building is taught by Margo Borg for members who have had experience working with clay.

Minimum: 6 **Maximum:** 8



Book Discussion Group

Thursday, Oct. 26

Now at 2 p.m.

Still FREE



Book:
"Sapphires and Garlic"
Author: Ruth Reichl

Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

Beginning English *

Dates: Tuesdays **FREE!**

Time: 11 a.m.

Instructor Lisa Bonvillain will teach from the book "Side by Side" for those with a desire to learn English.

Minimum: 10 **Maximum:** 20

AARP 55 Alive Mature Driving

Dates: Fridays, Oct 20 and 27

Time: 2:30 – 6:30 p.m.

Fee: \$10

- ❖ Learn to handle adverse driving conditions and traffic hazards.
 - ❖ Learn about the effects of aging and medication on driving.
 - ❖ You must attend both days
 - ❖ Some automobile insurance companies give you a discount
- Minimum:** 10 **Maximum:** 25



Supportive shoes should be worn in all fitness and dance programs - thank you!

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

WEIGHT TRAINING

Dates: Wednesdays, Sept. 6 – Nov. 1 (10 sessions)

Time: 1 p.m.

Fee: \$10

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

Minimum: 10 **Maximum:** 20

STABILITY BALL *

Dates: Thursdays, Sept. 7 – Nov. 2 (10 sessions)

Time: 10:30 - 11:30 a.m.

Fee: \$10

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.

ACTIVITIES AND TRIPS

Chinese Moon Festival

Monday, Oct. 8

Noon - 2 p.m.

Come celebrate one of the most important holidays of the Chinese calendar which corresponds with the time of harvest as well as the story of "Chang E - the Woman on the Moon". Have a Chinese lunch including "moon cake" if you sign up through the Nutrition Program.

Following lunch our special entertainment will be the Washington Chu Shan Chinese Opera performing a portion of "The Monkey King". You'll be introduced to the Chinese ancient arts of make-up, masks, lavish costumes and stage combat. Don't miss this fascinating cultural offering.



"Ragtime-The Musical" at the New Toby's

Baltimore, MD

Date: Thursday, Oct 12

Depart: 9 a.m.

Return: 4 p.m.

Fee: \$41 (includes transportation, show, buffet and tip)

Deadline: Tuesday, Oct. 10

Winner of four Tony Awards, Ragtime, is the story of three remarkable families whose dramatic lives intertwine with one another and with such legendary characters as **Harry Houdini, Henry Ford, J.P. Morgan** and **Emma Goldman**. A richly colored tapestry of passion and romance, tragedy and triumph, desire and disillusionment, Ragtime recalls an era when everything was new, and anything was possible.

Minimum: 15 **Maximum:** 20

"Rockettes of Ages" Perform

Wednesday, Oct. 25

1 p.m.

Ann Berk, a former Rockette, is still kicking up her heels and teaching others how to hoof it. Marvel at their choreography, costumes and spunk.



Singing Seniors

The singers will practice at 11 a.m. the first and third Wednesday of the month.

Crafts for Children's Inn at NIH

Tuesday, Oct. 10

12:30 p.m.

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.

Sharing Memories

Thursdays at 11 a.m.

Upcoming topics explore "Holistic Approaches to Life" including exercise, nutrition, coping and spirituality.

Grocery Day

Dates: Thursdays,

Oct. 12 - Whole Foods

Oct. 26 - Amish Market

Depart: Noon

Return: 1:45 p.m.

Fee: \$3

Deadline: Wednesday, one day before.

We are offering this service for your convenience. Shop on your own, but you must be **able to carry** (or roll in your own cart) what you buy.

Minimum: 10 **Maximum:** 33

Lunch Bunch

Red Lobster Seafood Restaurant

15700 Shady Grove Rd.

Date: Wednesday, Oct. 11

Depart: 11:30a.m.

Return: 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Monday, Oct. 9

Choose from a wide variety of seafood prepared in every imaginable way. Please pay in cash.

Minimum: 10 **Maximum:** 33

CLASSES

Learn to Read and Sing Choral Music

Dates: Wednesday, Oct. 25.

Time: 11 a.m.

Free

Betty Sewell will help you understand the written language of music and give you opportunity to practice singing.

Watercolor on a New Day!

Dates: Mondays, Oct. 2 – Nov. 6 (six sessions)

Meet in the ceramics studio on Oct. 16

Time: 10:30 a.m.

Fee: \$18

Tom LaFleur will help you explore autumn subjects vividly.

Minimum: 8 **Maximum:** 12

Opera Appreciation

Tuesdays and Fridays

Dates: October 3, 6, 10, 13, 17 & 20 (six sessions)

Time: 12:45 p.m.

Fee: \$12

Opera aficionado Bruce Herzfeld will open your hearts and minds to this spectacular form of musical theatre.

Minimum: 8 **Maximum:** 12

LECTURES

Nutrition and Bone Health

By Melanie R Polk, MMSc, RD, FADA

Monday, Oct. 23

12:45 p.m.

We all lose bone as we get older. Come hear the latest information on maintaining healthy bones as we age. And don't forget....there's always lots of time for your food, nutrition and health questions!

Long Term Care Insurance Seminar

Friday, Oct. 13

11 a.m.

Scott Leishear will talk about how to protect your nest egg with long term care insurance. The advantages and disadvantages as well as the government's role will be discussed. Retirees with interest or questions should register on the program sheet for this free seminar.

"The Most Traveled Man on Earth"

Meet the Author: Lew Toulmin

Wednesday, Oct 4

12:45 p.m.

This new non-fiction book will answer all your questions about "extreme travel". Ask him about finding the real "Bali Hai", joining the real Knights Templar and losing weight in Bangkok by having his belly slapped 20,000 times!

"Let's Dance ~ Maintaining Foot-Healthy Lifestyle"

By Dr. Christopher Majewski

Friday, Oct. 6

11 a.m.

Let a podiatrist tell you how to care for your feet so that you can dance, exercise and be active without hesitation. Register on the program sheet.

"How to Maximize 2007 Medicare Benefits"

By Leta Blank

Monday, Oct. 30

11 a.m.

Are you getting ready for 2007? It starts all over...comparing prescription plans, examining your bills, knowing what you're entitled to received. Leta is the Program Director for Senior Health Insurance Assistance Program (SHIP).

SUPPORT SERVICES

Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare & Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

"Book Club" for
Individuals with
Aphasia

Monday, Oct. 16

1:30 p.m.

Fee: \$30

Call 240-475-8786 for information.

Internal Light

Monday, Oct. 9 and 23
12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

Stroke Folks

Date: Thursdays

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Call 301-258-6380.

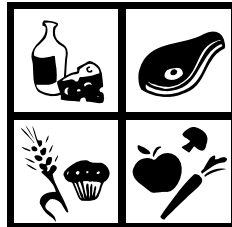


Pharmacy Assistance

The State of Maryland provides pharmacy assistance to senior citizens who aren't on medicare, based on yearly income and household size.

For forms and information call **1-800-226-2142** or visit their website at: www.dhmd.state.md.us/mma/mpap/

Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed.

The full cost of the meal is **\$4.50**. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!

Legal Services

Legal Services are available free to seniors, age 60 and older.

Legal Aid Bureau services include:

Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.

Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

PROGRAMAS GRATIS/Conocimientos de Inglés no es necesario

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	24 de octubre	12:45 p.m.
Tomarse la Presión	25 de octubre	10:30 a.m.
Ingles para principiantes	martes	11:00 a.m.
Crochet	miercoles	1:00 p.m.
Quilting	viernes	1:00 p.m.
Ejercicios con palos	martes y jueves	8:30 a.m.
Ejercicios	martes y jueves	9 y 10:00 a.m.
Ejercicios en silla	lunes, miercoles y viernes	9 y 10:00 a.m.
Música a paso	lunes y miercoles	11:00 a.m.

ARTESANIA PARA LOS NIÑOS DE NIH

Día: martes 10 de octubre

Hora: 12:30 p.m.

Venga, ayúdenos y disfrute haciendo artesanía para los niños de NIH. Estos regalitos que ustedes harán, le ayudarán a los niños que están resibiendo un tratamiento a poder sonreír y sentirse alegres. Para hacer estos proyectos usted no tiene que ser artista, solamente tener el deseo de seguir las instrucciones de la señora Madeline Britnell. Se proveerá todo el material requerido para dichos proyectos.

ALMUERZO EN GRUPO AL RESTAURANTE RED LOBSTER

15700 Shady Grove Rd.

Día: miercoles 11 de octubre

Salida: 11:30 a.m.

Retorno: 1:45 p.m.

Costo: \$4 (solamente la transportación)

Fecha de vencimiento: lunes 9 de octubre

En éste restaurante usted podrá escoger del menú una variedad de mariscos. Por favor pague su almuerzo en efectivo ese día.

Mínimo: 10 **Máximo:** 33

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

INFORMACION SOBRE TODA CLASE DE ASISTENCIA PARA PERSONAS DE MAYOR EDAD

Carol Smith se encuentra en el Centro todos los jueves para ayudarles a llenar sus formatos y proveerles información acerca de asistencia financiera, viviendas, Medicare y Medicaid. Este programa es auspiciado por el Departamento de Salud y Servicios Humanos. Si desea más información ó desea una cita previa, lláme al 301-258-6380.

DIAS DE HACER SUS COMPRAS DE COMIDA

Jueves 12 de octubre (Whole Foods)

Octubre 26 (Amish Market)

Salida: 12m.

Regreso: 1:45 p.m.

Costo: \$3

Fecha de vencimiento: miércoles un día antes del viaje

Estamos ofreciendo este servicio para sus conveniencia. Haga sus compras, pero les pedimos que ustedes empujen sus propia canasta y puedan cargar sus bolsas de comida.

RITMO LATINO

Día: jueves

Hora: 10 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. ¡No se lo pierda!

FESTIVAL CHINO DE LA LUNA

Unase a nosotros a celebrar este día festivo, cultural y fascinante de cosecha, donde el grupo de Opera Chino, Chu Shan, nos hará una presentación, introduciéndonos el arte del make-up del pasado, máscaras y disfraces Chinos. No se olvide de registrarse en el folleto de Nutrición para el almuerzo y pastel de la luna.

CLINICA/VACUNA PARA PREVENIR LA GRIPE

Día: lunes 23 de octubre

Hora: 1 -3 p.m.

Enfermeras de la Unidad de Salud Adventista aplicarán vacunas para prevenir la gripe. Sólo se requiere ser mayor de 18 años. Este servicio es gratuito par las personas que tienen la tarjeta de Medicare, Parte B. Si no tiene la tarjeta, tendrá que pagar \$25. No se necesita cita previa.

PERFORMARAN ROCKETTES DE MAYOR EDAD

Día: miércoles 25 de octubre

Hora: 1 p.m.

Ann Berk quien es una rockette del grupo original todavía zapatea sus tacones y también le gusta enseñar como hacerlo. Ustedes disfrutarán de la coreografía, disfras y por su puesto tambien de la fiesta.

DISFRACES LOCOS

Día: martes 31 de octubre

Hora: 1 p.m.

Vístace con disfraces locos, espantosos ó gracisos. Tendrémos el desfile de disfraces, juegos y refrescos.

Classes and Programs for OCTOBER 2006

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name _____ Telephone _____

Street _____ City/St./Zip _____

Registration begins Oct. 5, 2006 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
20642	Intermediate Pottery	Sept. 27 – Nov. 15	\$8
20813	Book Club	Oct. 16	\$30
20820	AARP 55 Alive Mature Driving	Oct. 20 & 27	\$10
20648	Water Color on Mondays	Oct. 2 – Nov. 6	\$18
20649	Genealogy	Oct. 16	\$8
20825	Bridge Bidding Refresher	Oct. 10 – Nov. 7	\$5
20822	"Let's Dance -Maintaining Healthy Feet	Oct. 6	N/A
20821	Long Term Care Insurance Seminar	Oct. 13	N/A
20767	Opera Appreciation – <i>Tuesdays & Fridays</i>	Oct. 3 – Oct. 20	\$12
20765	Beginning Ballroom Dance	Oct.3 – Oct. 24	\$20
20766	Intermediate Ballroom Dance	Oct.3 – Oct. 24	\$20
20650	Yoga Adapted for Seniors	Oct.3 – Nov.21	\$21
20423	Weight Training (Full)	Sept. 6 – Nov. 8	\$10
20424	Stability Ball	Sept. 7 – Nov. 9	\$10
20817	Lunch Bunch to Red Lobster Restaurant	Oct. 11	\$4
20818	Grocery Day – Whole Foods	Oct. 12	\$3
20819	Grocery Day – Amish Market	Oct. 26	\$3
20814	National Symphony Orchestra/Lunch at Orleans House	Oct. 19	\$27
<input type="checkbox"/>	Steamship round of beef with whipped potatoes	<input type="checkbox"/> Crabcakes with french fries	
<input type="checkbox"/>	Broiled haddock with french fries	<input type="checkbox"/> Baked chicken with whipped potatoes	
20815	Harvest Moon Ball- Rockville Senior Center	<input type="checkbox"/> Transport Oct. 26	\$10
	"Ragtime" at Toby's	Oct.10	\$41

*** If you would like to join a class that has already started ask at the front desk for a pro-rated fee.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Registrations will not be processed until the 5th of the month!

Amount Paid \$ _____ Cash ☐ Check# _____
 Visa/MC# _____ Exp. Date ____/____
 Signature/Name on card _____



Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

Check if you need special accommodations.

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____